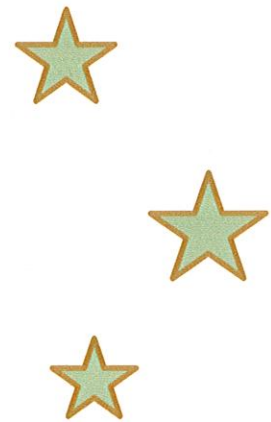




Center for Progressive Health & Wellness
The Next Step • Rehabilitation Specialists

Success Story



Sylvia Luellen

When I first came to the Rehabilitation Specialists Center, I was in so much pain: fibromyalgia, arthritis, neuropathy, vertigo, sinus problems, headaches, and swollen nerves behind eyes. Physical Therapy staff, Noel and Barbara, have done wonders for me. My pain level is staying around two or three. I will take it because before it was like 10. Both of them have given my life back to me. I am so grateful for their help. Yes, I will recommend anyone that needs their help. I am starting to go out a little more. Baby steps on my dancing, tying my shoes, bending, and walking.

**The Physical Therapy staff are so warm and inviting to us.
Thank you Noel, Barbara, Hannah, and Krista for your kindness.**

Sylvia P. Luellen

November 28, 2015

975 S. Monroe St., Suite C • Monroe, Michigan 48161
(734)241-0560 • Fax: (734)241-3230
www.mindbodyandmotion.com



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Success Story



Crystal Baltrip

**After my first Aqua Healing with Dr Barbour I feel great.
I feel relaxed and not tense.
I'm scared of water but not when I was
doing this pool session.**

Crystal Baltrip

February 15, 2016

975 S. Monroe St., Suite C • Monroe, Michigan 48161
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Success Story



Cheryl Eby

I have West Nile Virus with horrible stabbing pains and nausea in my stomach! Dr Barbour and Kim helped my stabbing pain so much. He did a liver release and for a week now, no stabbing pain and a bit more energy! God bless you! Thank you!!

Cheryl Eby

November 21, 2013



Center for Progressive Health & Wellness

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Success Story



Barb Kobielski

I have fibromyalgia, degenerative disks in my neck, and osteoarthritis. Every day for the past couple years I have had some kind of pain all day. I have been seeing Noel and Tim for three weeks – I can't believe the change. There are days I have such minimal pain, I say I have none. I can actually turn my head from side to side with no pain. I can't describe how much better my body feels. I am able to do more now, since my body feels so much better.

Barb Kobielski

October 19, 2013

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Center for Progressive Health & Wellness

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SUCCESS STORY

Please write, in your own words, what your success here has been:

I have chronic pain in neck & shoulders. Noel and Sally are very good at relieving my pain. I'm so glad Dr. Rosenberg referred me here. Thanks.

Signature

Meredith Gubbell

Date

3-12-13

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No



Center for Progressive Health & Wellness

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SUCCESS STORY

Please write, in your own words, what your success here has been:

The stress healing techniques I learned from Dr. Barbara have helped me every day. They have changed my everyday life by giving me the tools to effectively deal with everyday stress as well as major stresses and events.

Signature via phone Anita Hodgson Date 12/4/12

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No



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MY SUCCESS STORY IS 5 HTP

Please write, in your own words, what your success here has been:

A supplement That Stimulates your Body to Produce Serotonin in your Brain.

I am a 51 yr old woman with Fibromyalgia I Can't Take Pain meds OR any medication For Fibromyalgia I never sleep I was stressed out of my mind I Had anxiety and ~~it~~ Felt OVERwhelmed and Depressed All The Time. NOW WOW!!!

I HAVE Taken 5 HTP For 3 weeks and Never Felt So Good What a Blessing I Now sleep All night ^{Its been} 5yr since I could say THAT. I HAVE NO STRESS ANXIETY OR Depression

Life is Feeling Good Thank you

DR. BARBER

Signature Robin Sue Reek Date 11-11-12

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No



Center for Progressive Health & Wellness

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SUCCESS STORY

Please write, in your own words, what your success here has been:

Since I have been seeing Dr. Barbera my
Fibromalgia has improved, I do not need to take
strong pain pills, he has helped me with
my Anxiety, and depression. I can't say how
much I appreciate the care and love from
Dr. Barbera. But the whole staff. God has
given you all a gift, and I'm so glad I
found the progressive Center. God Bless
and thank you so much for your good care
and love. Sincerely Elizabeth J. Sypdam

Signature Elizabeth J. Sypdam Date 10-12-2012

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No



Center for Progressive Health & Wellness

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SUCCESS STORY

Please write, in your own words, what your success here has been:

I'm a 38 yr old woman. I have had fibromyalgia 11 yrs. The last few or more yrs ~~with~~ I've had an activity~~ys~~ level between 1-2. In only 2 weeks with Dr. Barbour my activity~~y~~ has increased to a 3-4. I just want to thank you all so very much.

Signature

Heather Olson

Date

2/16/09

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No

Center for Progressive Health and Wellness.

My Success Story Please use if it
Can help you

8-1-2010

Hi,

My name is Debbie. I have been coming to see Dr. Barbours and his staff for about 3 years. The sad thing is I only come to see Dr. Barbours so he can put me back together again. I was diagnosed with Fibromyalgia in Dec. 2006. I came to see Dr. Barbours for pain. I was hurting all over. I wasn't sure of what Fibromyalgia was. All I ~~knew~~ knew is I was hurting, nothing was helping. Dr. Barbours and his healing circle actually put me back together. I literally told him I had a pain in my ass, my hips hurt. It was so much easier to tell him where I didn't hurt. Again Dr. Barbours was able to give me my life back. I had kids youngest was 6 yrs old full of energy (which I at the time had none) and a 13 yr old. I was both parent since there dad died.

It was great to be able to live life again and enjoy life. I have had several flareups. Each time I run (figure of speech) to see Dr. Barbours, knowing that he and his staff, will put me back together again.

Last flare up was the worst. May of 2010. I couldn't walk without 2 canes (one in each hand) I would cry at night because I couldn't ease my ~~muscles~~ muscles down. Again I was here asking for Dr. Barbours help. It took 2 months of pain and hard work but with the grace of God and Dr. Barbours + staff (healing circle) I was able to go back to work on 7-5-2010. I have learned not to let it get so bad now. I will see Dr. Barbours when needed. I now have my life back. I feel like a human being again. I hope you will give him + his staff a chance. I swear by them. Thank you Dr. Barbours + staff knowing you will always be here for people like me. Debbie D. Revard



Rehabilitation Specialists

Keith R. Barbour, D.O., F.A.A.P.M.&R., F.A.O.C.R.M.

Bruce L. Hirshman, D.O.

975 S. Monroe St., Ste. C

Monroe, Michigan 48161

Phone: 734-241-0560 Fax: 734-241-3230

SUCCESS STORY

Please write, in your own words, what your success here has been:

Before meeting Doctor Barbour I would be so ill with my fibromyalgia I would sleep sometimes or be in bed sometimes 2 to 3 days in a row. I can't begin to say how grateful I am that I don't have to do that anymore. My back injury and shoulder injury are doing much better also. Along with this comfort comes a boost in self-esteem, self confidence, not forgetting the paperwork things. I learned about serenity and living a calmer more serene life from Dr. Barbour.

Thank you Dr. Barbour

Sincerely

Lena LaPrad

Signature

Lena LaPrad

Date

10-5-06

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No

REHABILITATION SPECIALIALISTS OF MONROE, P.C.

Keith R. Barbour, D.O., F.A.A.P.M.R.

876 Stewart Rd. - Suite D

Monroe, Michigan 48162-4226

Ph: 734-241-0560 Fax: 734-241-3230

SUCCESS STORY

Please write, in your own words, what your success here has been:

I suffer from Fibromyalgia:

I have pain, fatigue, foggy concentration with sleepiness.

Since I have come to Dr Barbour and have been having Massage Therapy my pain has lessen.

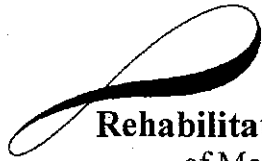
Also Dr Barbour has me taking 5-HTP for my Pain & concentration, he also has me taking Alpha Sun with B-100 to boost my immune system and give me energy. I also take R-14 to relax and help me sleep.

I can not say Thank You enough to Dr Barbour & Staff. I am feeling better each day my pain has lessen and I am thinking much more clearly and sleeping better.

Signature and Date Mary Bloomfield 1-21-04

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No



**Rehabilitation Specialists
of Monroe, P.C.**

Keith R. Barbour, D.O., F.A.A.P.M.&R., F.A.O.C.R.M.
Ateeq K. Rehman, M.D.
Reuben S. Henderson, D.O.
876 Stewart Rd. Ste. D
Monroe, Michigan 48162
Phone: 734-241-0560 Fax: 734-241-3230

SUCCESS STORY

Please write, in your own words, what your success here has been:

Before I came here I could
not sit stand or lie down without
severe pain - After my 1st
visit I had no pain for 2 months
I was scared & now I'm not

Signature Sharon Cleveland Date 9-9-04

Columbus Ohio
May we reproduce and display your experience? Yes No

May we use your name with it? Yes No

REHABILITATION SPECIALISTS OF MONROE, P.C.

Keith R. Barbour, D.O., F.A.A.P.M.R.

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Monroe, Michigan 48162-4226

Ph: 734-241-0560 Fax: 734-241-3230

SUCCESS STORY

Please write, in your own words, what your success here has been:

I saw Dr. Henderson for the first time three weeks ago & was very impressed. When I came for my therapy one week later my hips were still in alignment (A FIRST!)

Dr. Henderson also gave me a new exercise that is helping me every day. I have been in constant pain for three years due to fibromyalgia and since my appointment my pain level is down and I have more mobility.

I also want to commend Dr. H on his "bedside manner." It was evident to me that he truly cares about the people he is treating. Thank You.

Signature and Date

Horrie Brulo

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No

REHABILITATION SPECIALISTS OF MONROE, P.C.

Keith R. Barbour, D.O., F.A.A.P.M.R.
876 Stewart Rd. - Suite D
Monroe, Michigan 48162-4226
Ph: 734-241-0560 Fax: 734-241-3230

SUCCESS STORY

Please write, in your own words, what your success here has been:

Dear Dr. Barbour and Staff,

Thank you so much for your support and help in my recovery. As a patient with Fibromyalgia and Essential Tremors, I was having continuous muscle spasms and hurt so much that I couldn't tolerate being touched when I came through your doors 15 months ago. Thanks to Dr. Samuels' unique insight, mindful treatment & professional care together with Therapist Karen's expertise, acute perception & *gentle* touch, I can now maneuver better and am once again able to be hugged. Although progression has been slow and remains ongoing, my quality of life has vastly improved. These two professionals are a real asset to your staff.

I also truly appreciate your holistic approach to treatment. Being a large woman, so many doctors (*and it feels as though I've been through the whole gamut*) see only 'size' as the reason for my ailments. How sad that they make such a snap judgment and put a person through so much self-incrimination without taking into account other underlying factors as well as the state of the whole person.

Lastly, I must add that I was extremely impressed when your whole staff got together for a "moment of silence" during the September 11th tragedy. You sure don't see that every day in a doctor's office. What a wonderful thing to have witnessed!

Thank you again for everything so far and what's yet to come!

With heartfelt appreciation,



Date: May 9, 2002

May we reproduce and display your experience? Yes ___ No

May we use your name with it? Yes ___ No



Center for Progressive Health & Wellness

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SUCCESS STORY

Please write, in your own words, what your success here has been:

~~My~~ I have been dealing with fibromyalgia pain for years now and my lower back has been cramped up for too long to remember a time when it wasn't. Thanks to the ~~staff~~^{MMT} staff my lower back has finally released it's tightness. Looking forward to continuing on my way to as pain free a life as possible. Thanks

Signature Amanda Cornell Date 8/4/08

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No



Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

SUCCESS STORY

Please write, in your own words, what your success here has been:

my success comes from having a Dr who understands me and is on my side. I have spinal Bifata + Fibromygia. Dr Steppie has been there, helping me with treatment and new Ideas at least having her ⁱⁿ ~~and~~ ~~my~~ ~~mother's~~ life has been a blessing + friend ship to both my mother and myself!

Daniela
Warris

Signature Daniela Warris Date 9-29-09

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No



Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

SUCCESS STORY

Please write, in your own words, what your success here has been:

Several years ago I was diagnosed with Fibro-myalgia. There is no "cure" and can only be managed with lots of trial + error things. About five years I was referred to Dr Barbour + started seeing him for treatments. He then suggested I try the "Healing Circle" and there I found the first consistent relief. I no longer have the terrible headaches, I sleep all night without medications and best of all, I have been able to plant my flower beds for the first time in years.

The whole staff is great, but Dr Barbour is truly gifted.

Signature Sharon K Balk Date 6-4-10

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No

Condition Fibromyalgia Method of Treatment _____

I first came to Dr. Barbour in March of 2009 after a head and foot injury of Dec of 2008. I could hardly walk on my left foot and I had a headache since the accident. I also had extreme fatigue.

After 1 treatment I could walk on my foot without any pain. In 6 months the headache lightened up and in 6 more it was gone. I slowly got more energy as well as relief from other symptoms I'd had before the accident.

About 15 years before I'd began to suffer with TMJ, chronic fatigue and fibromyalgia. I had PT for a few years, which helped but I would slowly go back to my former state, get clumsy and hurt myself again. After the head injury 3 former patients of Dr. Barbour advised me he would be the one that could really help me.

It was then my structural and nervous system problems really began to get under control. Dr. Barbour detected that although I had injured the left side of my head the right side was worse. Apparently it had been injured at birth. That in addition to a neck injury on the right side when I was about 6 years of age contributed to my issues. No one else ever got to the root of the problem, which was due to my cranium being out of place and affecting my whole body.

I began Aqua therapy in which more work could be done in less time. My body structure was a bit off, causing my right side to become exhausted and experience numbness. My hips and lower back were in constant pain. Later I began treatments with the float tank and percusser.

It has been 1 1/2 years now that I have gotten treatments. During this time many areas of great tension have disappeared from my neck, back and hips. My right side is much better. I regained feeling in my little toes of my right foot, which had been numb for so long I didn't realize it until they became alive again. My right arm and hand don't go numb as they used to when I tried writing for very long.

After just a few sessions my vision, which I didn't realize was fuzzy before the accident, became much clearer. My thinking has become clearer as well. One of the most amazing improvements was in my left ear. It always felt stuffed and muffled and I couldn't hear very well out of it. Very early on it opened up and it is now my good ear! I can hear much better!

It is so good to not be in constant battle with pain! I can feel both sides of my body working together. I also feel much calmer and stronger emotionally as well as physically. I am beginning to understand what normal is! I am getting my life back. I am feeling more complete. I appreciate all the treatments that have renewed my life.

Judith L. Punt





Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

SUCCESS STORY

Please write, in your own words, what your success here has been:

Acqua healing has improved my life significantly. I am not experiencing as much pain, stiffness, or soreness since the therapy. During my therapy I experienced a tingling and what felt like opening circulation in my leg (left) and back. I can't believe how much better I feel! Thank you so very, very much!

Signature Jessica Thompson Date 6/14/16

May we reproduce and display your experience? Yes No

May we use your name with it? Yes No

"I highly suggest this treatment because intense pain is more controlled." -- D.M.